



**Public Health**  
Prevent. Promote. Protect.

Fond du Lac County  
Health Department

# Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.



## What's in the News?

July—September 2015

Issue 3

### Summer Food Safety Facts: The Mayo Myth

As you prepare your summer picnic meal be sure to keep salads cool-not because they have mayo, but because they contain potatoes, ham, chicken and other foods that harbor harmful bacteria. **Commercially prepared** Mayo actually slows the growth of the bacteria by providing an acidic environment.

**Where did the “mayo myth” begin?** Homemade mayonnaise recipes gave birth to the myth that mayonnaise causes foodborne illness. **Homemade mayonnaise** recipes almost always call for raw eggs. Homemade mayonnaise, unlike commercial products, may not contain enough salt and vinegar to counteract the growth of harmful bacteria, as the vinegar and salt levels often vary greatly in recipes for homemade mayonnaise.

It is unsafe food handling and preparation in home kitchens and foodservice operations that pose a greater threat of bacterial contamination of food. So follow the guidelines on this infographic for a “Food Safe Summer”. Happy Picnicking!!!

*The Association for Dressings & Sauce; [www.dressing-sauces.org](http://www.dressing-sauces.org)*

<http://www.shescribes.com/wp-content/uploads/2014/07/Infographic.jpg>



## Women, Infants, and Children (WIC)



WIC helps families receive locally grown vegetable and fruits through the Farmer's Mar-

ket Program. This summer each family with a woman or a child over one year of age enrolled in the WIC Program will be eligible to receive \$17 worth of vouchers to spend at local farmer

markets or farm stands. Local farmers who sell Wisconsin grown produce and have not already signed up to accept WIC vouchers can contact the WIC office at 920-929-3104 to become a WIC vendor. Last summer, \$7,683 worth of Farmer's Market vouchers were cashed by Fond du Lac County growers. WIC keeps working to help make healthy families



## Maternal Child Health News

*Q: Where is the best place to store breast milk?*

*A: In your breasts!*

*When choosing a name for your baby, go to the back door and shout it out a few times.*

The staff in the MCH department are available and happy to answer your serious and not so serious questions. We offer programs that will assist, support and walk with you through your pregnancy and the early years of parenting. We offer FREE home visits prior to and after delivery, and as your care coordinator, we will link you to any community services you may benefit from. We just completed a new booklet listing websites, apps and other links to information to assist in your pregnancy.

If you qualify for Badger Care you may be eligible for our pregnancy and/or parenting program. Simply call us at 920-929-3085 and we will get you started.

We also offer FREE, confidential pregnancy testing

## Dental News

### Mission Accomplished

Some 1,230 volunteer dental professionals, students and community helpers from across the state, along with generous businesses, organizations and individuals contributed the time, skills, funds, products and services necessary to make this year's WDA Mission of Mercy unforgettable. Charitable dental care valued at **\$1,029,800** was provided to **1,304** children and adults during **1,428** patient visits at the seventh Wisconsin Dental Association and WDA Foundation Mission of Mercy held June 12 and 13 at the Fond du Lac County Fairgrounds Expo Center in Fond du Lac, WI. A total of **4,924** dental procedures were performed during the two-day clinic, including:

- **843** X-rays
- **1,316** fillings
- **1,069** teeth pulled
- **591** cleanings
- **634** sealant/fluoride treatments
- **30** root canals and therapeutic pulpotomies
- Several dental labs worked with volunteer technicians to create **161** full and partial dentures.

Patients also received one-on-one oral hygiene instruction.

**THANK YOU** to those of you that volunteered at this event! You made a difference!





## Tobacco News

### Thankful for five years of smoke-free Wisconsin businesses

Wisconsin celebrates a very important birthday next month as our state's smoke-free law turns five years old on Sunday, July 5. That means our businesses have enjoyed five years of cleaner indoor air and healthier employees and customers. It's hard to believe that smoking conventional cigarettes used to be a regular occurrence in our bars and restaurants.

Thanks to our state's smoke-free law, tomorrow's kids will be just as shocked that smoking was once allowed in restaurants and taverns as today's kids are that smoking used to be commonplace on airplanes.

Thank you to the Wisconsin lawmakers that passed this landmark legislation and the Wisconsin residents



## Environmental News

Hot summer days call for a cool down in the local pool or water park! Click [here](#) to learn more about germs in the water and how to be *Splash Healthy*!



## Emergency Preparedness

## BE INFORMED

*Learn what protective measures to take before, during, and after an emergency*



Prepare. Plan. Stay Informed.

### MYTH: I DON'T NEED TO WORRY ABOUT DISASTERS WHERE I LIVE.

Emergency preparedness is not only for Californians, Midwesterners and Gulf Coast residents. Most communities may be impacted by several types of hazards during a lifetime. Americans also travel more than ever before to areas with different hazard risks than at home.

Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count. Use this site to learn about potential emergencies that can happen and how to prepare for and respond to them.

Click on <http://www.ready.gov/be-informed> for all the resources you need to be prepared!

## Tis' the Season for Outdoor Picnics!

Summer is the season for outdoor barbecues and picnics. Whether you prefer burgers off the grill or a picnic in the park, one thing you don't want on the menu this summer is food-borne illness. These illnesses tend to increase during the summer months. CDC estimates that 76 million Americans get sick from food-related illness every year. More than 300,000 end up hospitalized and about 5,000 die each year from foodborne illness. Protect yourself and your friends and family in these ways:

- Wash your hands before and after handling food.
- Wash produce thoroughly to remove visible dirt, and discard the outermost leaves of a head of lettuce or cabbage.
- Don't cross-contaminate one food with another. Wash your utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch another food.
- When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- Cook meat, poultry and seafood thoroughly. Use a meat thermometer to be sure your grilled meats are

“done.” Ground beef, for example, should be cooked to an internal temperature of 160 degrees Fahrenheit.

-When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.

-Never let raw meat, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the cooler or refrigerator (one hour when the temperature is above 90°F).

-Make sure to pack plenty of extra ice or freezer packs in your cooler to ensure a constant cold temperature.

-Contact the Fond du Lac County Health Department at 920-929-3085 if you believe you or someone you know became ill from eating a certain food.

**For more information on preventing foodborne illnesses visit [FoodSafety.gov](http://FoodSafety.gov)**



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